



Changing Healthcare, one practitioner at a time

## PROFESSIONAL TRAINING IN **SUGAR & CARBOHYDRATE ADDICTION**

**This comprehensive training explores the science, psychology, and clinical approaches to processed food and sugar addiction.**



Led by leading experts in addiction medicine, neuroscience, and nutrition, the training covers the neurobiology of addiction, the impact of sugar on stress pathways, and the biochemical consequences of food addiction.

# BREAKING FREE: UNDERSTANDING & TREATING PROCESSED FOOD & SUGAR ADDICTION

Processed food addiction is wreaking havoc on physical and mental health worldwide. But effective treatment is possible. This groundbreaking training brings together leading experts in addiction science, nutrition, and clinical practice to equip you with the latest research and tools to recognize, assess, and treat processed food and sugar addiction.

Through an in-depth exploration of neurobiology, the brain's reward system, and the role of sugar in stress pathways, you'll gain a deep understanding of why Processed food addiction isn't simply about willpower—it's a complex biochemical and psychological condition.

This training provides a comprehensive, evidence-based approach to understanding and treating food addiction.

## Key topics include:

- Screening and diagnosis using ICD-11 and DSM-5 criteria
- Relapse prevention strategies and long-term recovery planning
- Evidence-based treatment protocols, including functional medicine and nutritional rehabilitation
- Addiction interaction disorders and how they influence recovery
- The role of oxytocin in healing and behavioral change
- Practical tools for managing cravings, stress, and emotional regulation
- The impact of family dynamics and the importance of professional support in sustained recovery.





**Price:** \$695

**Hours:** Approximately 30 hours of learning

**Each module includes:**

- Topic outline, learning objectives, and study overview
- Expert speaker presentation/lecture
- Downloadable references for relevant journal articles and literature

**This training is specifically designed for:**

Medical Doctors, Registered Nurses, Dietitians, Nutrition Network Graduates, Medical professionals, Allied Healthcare Workers, Nutritionists, Nutrition Network Members, Health Coaches, Those interested in Addiction.

**Certificates**

On completion of the training, participants will be issued a Certificate of Completion. This module contributes towards certification as a Nutrition Network Practitioner.

**Accreditation**

This module's accreditation with The CPD Standards Office is currently pending. We do however expect to receive full international CPD accreditation. Once accredited, we have been assured that the accreditation is recognized and respected internationally. Formal CPD Standards certificates are issued and accepted in a multitude of countries.

**JOIN TODAY**  
and transform  
your understanding  
of Addiction

**\$695**



**ONLINE, FLEXIBLE, SELF-PACED STUDY**

# Training Outline

## **Anatomy & Pathophysiology** – Dr Paul Earley

- Exploring the neural pathways of addiction and the distinction between typical and dysregulated brain responses to processed food and sugar.

## **Neurobiology of Addiction** – Dr Paul Earley

- A deep dive into the science of addiction, detailing the anatomy of the brain's reward system and why addiction is a primary illness, independent of trauma.

## **Sugar/Food Consequences** – Bitten Jonsson

- Examining the physical, psychological, social, and spiritual impacts of food addiction, including addictive behaviors, the thought-feeling-action cycle, and brain damage from psychoactive substances.

## **Understanding & Treating the Root Cause of Carbohydrate Addiction** – Dr Robert Cywes

- 'The Carb Addiction Doc' unpacks the root cause of addiction from a developmental, psychological and neurological perspective and provides associated strategies for recovery and implementation in clinical practice.

## **Addiction Interaction Disorder** – Dr Roger Nilson

- Understanding addiction as a singular illness that can manifest in multiple forms, from food to other compulsive behaviors.

## **Sugar's Role in Stress Pathways** – Dr Birgitta Brunes

- Analyzing how sugar affects the hypothalamic-pituitary-adrenal (HPA) axis and neurotransmitter balance, contributing to stress and addiction cycles.

## **Oxytocin's Role in Addiction** – Prof. MD Kerstin Uvnäs Moberg

- Exploring oxytocin's influence on addiction, including its role in stress regulation, bonding, and potential therapeutic applications.

## **Screening, Assessment, and Diagnosis** – Bitten Jonsson

- Using tools like UNCOPE S/A+D and SUGAR Dx to identify food addiction, integrating motivational interviewing, and understanding ICD-11/DSM-5 updates for differential diagnostics.

## **Politics of DSM Criteria** – Bitten Jonsson & Börje Dahl

- Understanding the implications of DSM-5 and ICD-11 for food addiction diagnosis and the importance of adopting ICD-11 criteria for clinical and policy consensus.

## **Denial, Stigma, and Shame** – Bitten Jonsson

- Addressing the psychological and societal barriers to recovery by fostering empathy, trust, and open conversations about food addiction.

## **Opening Discussions with Clients** – Dr Carlos Zumagarra

- Guiding healthcare professionals in initiating meaningful conversations about addiction to encourage recognition and treatment.

## **Biochemical Assessment** – Hassina Kajee

- Examining the metabolic effects of food addiction, including insulin resistance, mitochondrial dysfunction, inflammation, NAFLD, and PCOS, with a focus on diagnostic lab testing.

## **Relapse Prevention**

- Recognizing warning signs, assessing relapse risks, and implementing recovery strategies, with a focus on the link between sugar addiction and insulin resistance.

## **Nutrition Coaching** – Bitten Jonsson & Amanda Cini

- Navigating abstinence vs. recovery, developing individualized food plans, supporting biochemical repair, managing stress, and preventing relapse.

## **Treatment Protocols** – Hassina Kajee

- Applying evidence-based medications, functional medicine approaches, microbiome testing, and supplements for food addiction treatment.

## **Tools for Recovery**

- Utilizing practical tools such as anxiety protocols, craving management techniques, and technology (CGMs, BP cuffs, smartwatches) to support addiction recovery.

## **Long-Term Recovery** – Dr Vera Tarman

- Building sustainable recovery through multidisciplinary support, professional accountability, and long-term maintenance strategies.

## **Families & Addiction** – Annica Strandberg Schmidt

- Addressing co-dependency, managing food pushers and saboteurs, and integrating family members into the recovery process for better outcomes.

## Featured Lecturers



**Annica Strandberg  
Schmidt**

Sugar addict in  
recovery Addiction  
specialist.



**Dr Birgitta Brunes, MD**

Medical Doctor, specialist  
in MultipleSclerosis,  
recovering from  
MultipleSclerosis..



**Bitten Jonsson, RN, NNP**

Registered nurse, addiction  
specialist and Nutrition  
Network practitioner,  
ADDIS®/SUGAR®-  
authorized.



**Borje Dahl**

Founder and CEO of AB  
Dahl & Dahl prevention &  
addiction center in Örebro.



**Dr Carlos Zumagarra**

Specialist physician  
practicing Keto Medicine  
(therapeutic carbohydrate  
reduction) to treat  
patients suffering from  
hyperinsulinemia.



**Dr Paul Earley, MD,  
DFASAM**

Addiction Medicine  
Physician.



**Dr Hassina Kajee, MD**

Specialist physician and  
a pioneer in ketogenic  
nutrition..



**Prof. MD Kerstin  
Uvnäs Moberg**

Author and specialist  
in women's health and  
female physiology.



**Dr Robert Cywes, MD**

Certified in General Surgery  
and in Pediatric Surgery.  
He specializes in Metabolic  
Healthcare including  
Pediatric and Adult obesity.



**Dr Roger Nilson, MD**

Physician.



**Dr Vera Tarman, MD**

Author, Speaker & Food  
Addiction Expert.